



STERLING RECREATION DEPARTMENT SUMMER 2010



REGISTRATION BEGINS APRIL 5th

**Recreation Committee: Chairperson- Jessica Moroney
Bob Finizio, Mark Hryniewich, Jo-Ann Cummings,
Heather Ruziak**

Recreation Director: Judy Janda

Program Assistant: Lisa Bristol

Recreation Department: 1835 Town Hall 31 Main Street

Recreation Department Phone: 978-422-3041

Fax: 978-422-0289

E-mail: recreation@sterling-ma.gov

Town Web Page: www.sterling-ma.gov

Meetings are on the 3rd Tuesday of each month Room #1 1835 Town Hall

SOMETHING FOR EVERYONE

The Sterling Recreation Department is pleased to present the Summer Program Calendar for 2010. We strive to develop and promote programs and activities to stimulate good health and fun times, as well as provides a sense of community for all ages.

**REMEMBER TO GET YOUR BEACH RESIDENT STICKER AT THE
DEPARTMENT OF PUBLIC WORKS**

REGISTRATION INFORMATION

REGISTRATION BEGINS APRIL 5th

REGISTRATION PROCEDURE: Please use the enclosed **REGISTRATION FORM** for all programs with the exception of: **Togo Palazzi Basketball, Next Step Basketball Program, Super Safari Adventures, and Sports Adventure 2010.** This form may be copied or additional forms are available in the Recreation Office, Conant Library, On-line at www.sterling-ma.gov –click on town calendar, recreation committee, then program.

By Mail or Walk-in: Send completed form and full payment. Please use separate form per person. Registration forms accepted in the Recreation Office Monday-Thursdays 7:30am-5:00pm and Fridays 8:00am-11:30am. Forms may also be placed in the drop off box at the Town Hall. Mail to: Sterling Recreation Department, 1 Park Street, Sterling, Ma 01564

FEES: Make checks payable to: Town of Sterling. All checks and registration forms are due prior to the start of the program. Sign-up before 1 week prior to start of program and get the **Early Bird Special!**

Any registration forms received 1 week prior to the start of the program will be subject to a \$10 administration fee.

There is a \$25.00 service fee To The Town of Sterling, for all returned checks.

NO PROGRAM CONFIRMATION WILL BE SENT OUT: Participants should consider their applications accepted and report to class for the first meeting unless otherwise notified. Please note all information on your calendar and keep this booklet for information. The only time you will hear from us is if there is a change in the time, if a class/program is full and you have been placed on a wait list, or if the class/program has been canceled.

REFUND POLICY: *There will be no refunds for programs, you will get a credit towards other programs. This does not apply to programs that are canceled due to low enrollment or if it is full.*

RESIDENT STICKER: **All vehicles must have a town Resident sticker to park at the town beach, Sholan Park at East Lake Waushacum. Stickers need to be attached to the driver's side front bumper. Resident stickers and "Guest passes" can be obtained at the DPW Monday-Friday 7:00-3:20pm. You will need to show a valid registration. You cannot receive a sticker or pass on week-ends and holidays, so plan ahead. For more information go to www.sterlingdpw.com**

The town beach at Sholan Park, East Lake Waushacum is tentatively scheduled to open June 19th, weather permitting. There will be lifeguards on duty from 12:00pm to dusk. The beach will be closed on days of inclement weather. The Summer lake program runs from July 6-August 13, 8:30 am-12:00 noon, Monday through Friday. When Recreation programs are in session, the beach area is closed to residents. There will be three sessions. We ask for your help in keeping Sholan Park a clean, safe, family beach by observing the rules and cleaning up debris.

NO PETS ARE ALLOWED AT THE TOWN BEACH OR AT THE WEST STERLING TENNIS COURTS

Athletic Fields and Facility Use Permits: *All Organizations & groups requesting use of fields or facilities must fill out a Facility Reservation and Field Request Form at the Recreation Office. Permits will be issued once the request has been reviewed and required documentation has been received by the Recreation Department. Fall requests should be submitted by June 15th.* All forms available on line: www.sterling-ma.gov

ACKNOWLEDGEMENT OF VOLUNTEERS & SEASONAL EMPLOYEES

Monday & Saturday Ski/Snowboard Program- *Bill Russell, John Alden, Patty Blakeney, Glen Hendricksom, Judith Glasier, and the many parents* who's efforts make this a positive safe experience for all the participants. We appreciate your eagerness to help the inexperienced and experienced skier or snowboarder .

Winter Youth Basketball- Coaches Thank you for your time, dedication, and positive attitude in coaching; you are the ones that help make a successful program. We couldn't do it without you. Thank you-*Jessica Pekkola, Melissa Penney, and Samantha Janda* who spend many hours Supervising the basketball program.

Volleyball- Eric Thomas Men's Basketball- Jay Blanchard

High School Basketball: Lisa Bristol

Ice Rink maintenance- *Dean Croucher, Sean McDonough, DJ Johnson, Bob Janda family, Mark Hryniewicz family, Department of Public Works, Water Department and Fire Department.*

Thank you- to *Tony Cipro & Margaret Morgan* principals of Houghton Elementary and Chocksett Middle School, for the use of the school's facilities for our winter programs and summer camps. To *Anne, Kathy, & Renatta* for their patience with the scheduling .

Susan Lauder and Mike Walsh for sharing the gym and equipment. Also, to the school *Custodians* for their assistance and cooperation in our programs.

SPRING/SUMMER PROGRAM INSTRUCTOR

PROGRAM	INSTRUCTOR	E-MAIL	PHONE
Adult Fitness	Susan Robbins	susanrobbins@comcast.net	978-257-9067
All Boating & Geo-caching Programs	David & Karen Cudmore	info@stillriveroutfitters.com	978-844-0965 978-674-6767
Art 1 Program	Kathy Greene	greenek@email.com	978-829-9626
August-Tennis	Lorene Washburn	Lillie141@aol.com	774-364-0137
Fiber Explorations Knitting ~the basics A Taste of Zantangle	Jean Theurkauf	jtheurkauf@comcast.net	978-422-7420
Guitar for Beginners	Jessica Wilke	Jessica_wilke@wrsd.net	413-695-2428
July- Tennis Togo Basketball	Matt Pawelski	purplehaze1044@comcast.net	978-424-5126
Mad Science	Christine Smith	mzchrissmith@yahoo.com	978-422-6703
Next Step Basketball	John Mulryan	jdmulryan@gmail.com	508-713-2212
Project Runaway Crafts, Cooking, & Construction	Rachel Grabek Ginny Meade	Rachel_grabek@wrsd.net Ginny_meade@wrsd.net	978-422-6552
Sports Adventure	Tom & Susan Lauder	Susan_lauder@wrsd.net	508-892-8690 508-868-9476
Talent Camp	Julie Morris	Julie_morris@wrsd.net	978-502-0172
US Sports Camp	Mark Tolley	www.USsportsinstitute.com	732-563-2520
Y.A.H.O.O.	Jeanne Dietel	www.sterlingyahoo.com	978-422-6422
Yoga	Gina Engel	Inderjit-Kaur@comcast.net	978-422-9981
Zumba	Kate Mellecker	katem@katespowerhouse.com	978-464-5717

TEEN & ADULT PROGRAMS

FLAT ABS WITH PILATES AND WEIGHT TRAINING: The Belly Fat Blaster Class

WHO: Teens through adults **Beginners and experienced fitness enthusiasts are welcome!**

WHEN: July 5– Aug. 23 Mondays 7:00-8:00pm OR Wednesdays July 7-Aug 25 9:00-10:00am

OR Fridays July 9-Aug. 27 9:00-10:00am 8 weeks

WHERE: 1835 Town Hall

No Pro-rate

FEE	Until June 28	As of June 29
	\$90.00	\$100.00

BASIC WEIGHT TRAINING—learn the best exercises to **Boost Your Metabolism** Simple moves that anyone can do with hand held weights to train your body to burn more calories 24 hours a day. **FLAT ABS**—core conditioning exercises featuring Pilates matwork and some of the most effective moves for **Flat Abs, a Strong Back and Great Posture. 10 Secrets to lose 10 Pounds:** Healthy Eating Strategies for everyone. Bring a set of hand held weights, water, and a mat. Taught by Sue Robbins who brings 30+ years of experience to this program and will offer modifications so that everyone will be comfortable and can exercise safely.

Contact: Sue Robbins –susanrobbins@comcast.net or Marie O'Malley MEOMall@aol.com

ZUMBA

WHO: Age 13-Adult

WHEN: July 8– August 26(no class on July 22nd) 7 weeks

Thursdays 5:30-6:30pm

WHERE: 1835 Town Hall

No– Pro-rate

FEE	Until July 1	As of July 2
	\$80.00	\$90.00



Zumba is the hottest craze in fitness! Zumba fuses Latin rhythms and easy-to follow moves to create a dynamic and fun fitness program. The program is designed to make you love exercise!! You'll get an effective aerobic workout that will keep you coming back for more! Each class is 1-hour of caloric-burning, body-energizing movements. The Zumba routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Wear aerobic sneakers or court shoes-sneakers with a lot of tread on the bottom are not recommended. Bring water bottle.

Kate Mellecher www.katewspowerhouse.com

YOGA

WHO: 14 through Adult

WHEN: Wednesdays June 30, July 7, 14, & 21

6:00-7:15 PM

WHERE: 1835 Town hall

FEE	Until June 23	As of June 24
	\$45.00	\$55.00



Reduce stress and increase your energy for a more productive day!! Each week we will work with yoga postures designed to strengthen and stretch your body, calm your mind and enliven your spirit. Beginners and all levels of ability are welcome! Instructor, Gina Engel is a certified yoga instructor and Reiki Master. She began teaching yoga in the mid 90's but fell in love with yoga as a teenager. Gina continues to be passionate about yoga both as a student and as a teacher. *Drop-in \$14.00*

KNITTING~THE BASICS AND THEN SOME

WHO: 14 through Adult

WHEN: June 23, 30, July 7, 14 Wednesday 7:00-9:00pm 4 weeks

WHERE: 1835 Town Hall

FEE	Until June 16	As of June 17
	\$120.00	\$130.00

Students will learn the basics of knitting..casting on, knitting, purling, and binding off in the first class. In the other three classes, we will introduce the basic concepts of lace, cables, and color work. Using the skills learned in the class, students will design and knit a small project (scarf, bag, etc) Each student will receive a pair of Brittany Birch knitting needles, 100yds of yarn for their project, practice yarn for techniques, and handouts.

A TASTE OF ZENTANGLE

WHO: Middle School through Adult
WHEN: June 16 Wednesday 7:00-9:00pm
WHERE: 1835 Town Hall



FEE	Until June 9	As of June 10
	\$20.00	\$25.00

Zentangle is an easy to

learn art form. It is a method of creating beautiful images from repetitive patterns. It is a fascinating new art form that is easy, fun relaxing, meditative. It increases focus and creativity. It is yoga for the brain. Zentangle teaches- patience, you can do anything one stroke at a time, and one does not need to be an artist to create a beautiful work of abstract art. Students learn the fundamental principles and guidelines for the Zentangle art form and the "formula" for creating a Zentangle, and learn several patterns. Each student will receive a kit containing several tiles, a Pigma micron pen, a pencil, and several pattern cards.

BOATING PROGRAMS **YOUTH-ADULT**

***ALL REQUIRED EQUIPMENT (BOATS, PADDLES, PERSONAL FLOTATION DEVICES, ETC) AND INSTRUCTION IS PROVIDED BY STILLRIVER OUTFITTERS, INC. FOR ALL THE PROGRAMS LISTED**

INTRODUCTION TO KAYAKING-YOUTH

WHO: Ages 10-15
WHEN: Tuesday, July 20, July 21, & July 22 5:30-7:30pm
WHERE: Sholan Beach



FEE	Until July 13	As of July 14
	\$90.00	\$95.00

Introduction to kayak is a 6 hour program that emphasizes safety, enjoyment and skill acquisition in "recreational" kayaks. This program is designed to incorporate games and activities to give kids the needed practice while keeping them active and engaged.

INTRODUCTION TO KAYAKING

WHO: Ages 16- ADULT
WHEN: Session I- June 15, 16, & 17 6:30-8:30pm
Session II-Thursdays September 2, 9, & 16 5:30-7:30pm
WHERE: Sholan Beach

FEE	Until Session I-June 8 Session II- August 26	As of: June 9/August 27
	\$90.00	\$100.00

Introduction to kayak is a 6 hour program that emphasizes safety, enjoyment and skill acquisition in "recreational" kayaks. This instructional program is an introduction to safe and efficient paddling relevant for river and touring/sea kayaking. This course is designed for adults, but children aged 10-15 are welcome to participate with a parent..

MOMMY/DADDY AND ME KAYAKING

WHO: Parent and child between 1-5

WHEN: Thursdays, September 2, 9, & 16 2:00-3:30pm (three 1 1/2-hour sessions)

WHERE: Sholan Beach

FEE	Until August 26	As of August 27
	\$100/adult/child pair Or \$60/accompanying adult	\$110.00 \$70.00

This program was developed by Still River Outfitters, Inc. to address the growing number of active adults starting families. In addition to basic paddling skills and safety considerations, we help parents adapt our proven strategies to comfortably paddle with a toddler. This class is taught in stable recreational kayaks where the child will sit safely between the parents legs in the kayak's cockpit. This class is appropriate for parents and their child between 1 and 5.

ADVENTURE KIDS

WHO: Ages 8-14

WHEN: Session I– July 20, July 21, & July 22

2:30-5:30pm

Session II– Thursdays, August 5, 12, & 19

9:00am-12:00pm

WHERE: Sholan Beach



FEE	Until Session I July 13 Session II July 29	As of July 13 July 30
	\$110.00	\$120.00

This program runs for 9 hours over 3 days and combines recreational kayaking skills development with Adventure Education initiatives for a truly unique experience. Participants will learn to overcome challenges individually through paddling and as a team playing our fun challenge games. Staff includes ACA Certified Instructor and Trained Adventure Facilitator.

STAND-UP PADDLEBOARDING

WHO: 16—Adult 10-15 with a parent

WHEN: Session I: June 15, 16, & 17 4:30pm-6:30pm

Session II: Thursdays, September 2, 9, & 16 3:30pm -5:30pm

WHERE: Sholan Beach

FEE	Until Session I April 21 Session II August 26	As of April 22 August 27
	\$90.00	\$100.00

What do you get when you cross a long canoe paddle and a surfboard?? Stand-up-Paddleboarding or paddlesurfing is the newest thing to sweep the paddlesport industry. Many people equate the sport to the ability to walk on water. In this class we'll go over techniques, equipment, and spend a lot of time exploring and practicing. This course is designed for adults, but children aged 10-15 are welcome to participate with a parent..

MOONLIT KAYAK TRIP

WHO: 16—Adult

WHEN: Tuesday, July 20, 21, & 22 7:30pm-9:30pm

WHERE: Sholan Beach

FEE	Until July 13	As of July 14
	\$65.00	\$75.00

The quiet and solitude of being on the water after dark can be very peaceful. Relax and unwind in a kayak after work. The moon and our headlamps will light the way for a truly memorable evening. No experience necessary. This course is designed for adults, but children aged 10-15 are welcome to participate with a parent.

YOUTH SWIM PROGRAMS

SUMMER LAKE PROGRAM

WHO: Children entering grade 1 through grade 8

WHEN: 8:30am-12:00pm

Session I July 6-July 16

Session II July 19- July 30

Session III August 2- August 13

WHERE: Sholan Beach



FEE	Until June 28 -session I July 12- session II July 26- session III	As of June 29 July 13 July 27
	Session I—\$90.00 Session II & III \$100.00 \$250 family cap per session	Session II- \$100 Session II & III \$110.00 \$275 family cap per session

Enjoy the outdoors at Sholan Park with Red Cross swim lessons, games and crafts. Children will have fun with dress-up themes and fun facts for each day. Bring towel, swimsuit, morning snack, and appropriate clothing for the weather. **Bring sneakers for the games.** There are no make-up days for cancellation. **Apply sunscreen before coming to the program.**

JUST SWIM LESSONS

WHO: Children entering grade 1 through grade 8

WHEN: 8:30am-12:00pm

Session I : July 6-July 15 Session II : July 19- July 29 Session III: August 2-August 12

WHERE: Sholan Beach

FEE	Until Session I-June 30 Session II- July 12 Session III- July 26	As of July 1 July 13 July 27
	\$54/session I \$60/session II	\$64 .00 & \$70.00

Join in with the scheduled swim lessons of the Lake program for (8 for session I)(9 for session II & III)) one hour lessons. You will be notified with the time of your child's lesson by the Recreation Dept. The Camp Director will meet you at the craft shed to check-in and to pick-up your child. **No parents will be allowed in the camp area. No make-ups** This does not include any other activities of the Lake Program.

POLLY WOG PROGRAM

WHO: Children entering kindergarten (limited enrollment)

WHEN: 8:30- 12:00pm

Session I -July 12- July 16

Session II-July 26-30

Session III- August 9-13

WHERE: Sholan Beach



FEE	Until Session I July 5 Session II July 19 Session III August 2	As of July 6 July 20 August 1
	\$65.00	\$75.00

Children entering kindergarten will have fun playing games, doing modified arts and crafts, enjoy Red Cross swim instruction with our qualified Water Safety Instructors, story-time with Ms. Danielle, and more. They will be in groups separate from the lake program with a 1 to 4 ratio. Children will need to bring a morning snack, swim suits, towels, and warm clothing for cool days. **Mark all items with your child's name. Please apply sunscreen to your child before coming to camp.**



NEW PROGRAM!



SUPER SAFARI ADVENTURE

WHO: Boys and Girls Grades 3-8

WHEN: 9:00am-4:00pm

Must sign-up by June 1st!

Session I: June 21- 24

Session II: June 28- July 1

***this program has a separate registration form**

WHERE: Sholan Park and Field trips

FEE	Until June 1	After June 2
Price is all inclusive	\$180/session \$60.00/day	\$190.00/session \$70.00/day



Kick off the summer with our *Summer Lake Staff* for 4 days of fun activities!

Session I:

Monday, June 21- Sholan Park- Kayaking, learn and play Native American games, swimming, and more. StillRiver Outfitters will provide the required equipment for Kayaking (boats, paddles, personal flotation devices) and certified instructors. Bring bathing suit, towel, sunscreen, morning snack, lunch, sneakers, and appropriate clothing for the weather.

Tuesday, June 22- Sholan Park/ Kimball's Farm in Westford- the bus will pick-up at Sholan Park for a fun day at Kimball's farm. This outing includes a choice of hamburger /hotdog and ice cream, 2 bumper boat rides, with unlimited use of the driving range, 18-hole mini golf course and the sand volleyball-horseshoes-tug-o-war. We will return to Sholan Park for pick-up. Wear appropriate clothing for the outing.

Wednesday, June 23- Sholan Park- Bring your sneakers, bathing suit, towel, sunscreen, and be ready for a day filled with many activities -swimming, dodge ball tournaments, creative games, making s'mores, grilled lunch, and other surprise activities!

Thursday, June 24- Sholan Park/ Coco Keys-the bus will pick-up at Sholan Park and take us to Coco Keys for a great day of water slides, tube rides, pizza, and soda. We will return to Sholan Park for pick-up. Bring bathing suit, towel, and sneakers. A minimum height 48" required

- **The staff cannot be responsible for additional money that you may send with your child**

Session II:

Monday, June 28- Sholan Park-Kayaking, Geo-puzzle, games, swimming, and more. StillRiver Outfitters will provide the required equipment for Kayaking (boats, paddles, personal flotation devices) and certified instructors. Bring bathing suit, towel, sunscreen, morning snack, lunch, sneakers, and appropriate clothing for the weather.

Tuesday, June 29- Sholan Park/Roll-on- America- The bus will pick-up at Sholan Park and take us to Roll-on-America hours of skating, laser games, pizza, and drink. We will return to Sholan Park for pick-up. Skate or rollerblade rentals are also included in the cost.

Wednesday, June 30- Sholan Park- Bring your sneakers, bathing suit, towel, sunscreen, and be ready for a day filled with many activities -swimming, dodge ball tournaments, creative games, making s'mores, grilled lunch, and other surprise activities!

Thursday, July 1- Sholan Park/ Coco Keys-the bus will pick-up at Sholan Park and take us to Coco Keys for a great day of water slides, tube rides, pizza, and soda. We will return to Sholan Park for pick-up. Bring bathing suit, towel, and sneakers. A minimum height 48" required

- **The staff cannot be responsible for additional money that you may send with your child**

COUNSELOR IN TRAINING PROGRAM (C.I.T.)

WHO: Boys and Girls ages 14 and up

WHEN: Monday-Friday 8:15am-12:00pm

Session I: July 6- July 16 Session II: July 19-July 30 Session III: August 2-August 13

WHERE: Sholan Beach

FEE: 0



Two week session to learn how to become a great counselor! Learn about activity planning, child Development, effective leadership styles and more while working with the Summer Lake Staff. Those individuals that may be interested in becoming swimming instructors will learn good techniques from our qualified Water Safety Instructors! CIT's are **only allowed one-2week session.**



YOUTH ART/MUSIC PROGRAMS

TALENT PROGRAM

WHO: Children entering grades 3 through 9

WHEN: Monday, July 12– Friday, July 16

8:30am-2:00pm

"Talent Show" Friday

WHERE: Chocksett Middle School Theater and cafeteria



FEE	Until July 5	As of July 6
	\$140.00	\$150.00

The 2010 theme is **BROADWAY!!!** Sterling Talent Program encompasses all aspects of talent; including: singing, dancing, improvisation, art, stage crew, etc. There are opportunities for solos, small group, and large group performances. Come with a small group in mind or form a group once you arrive at camp! There will be a **Talent Show on Friday at approximately 12:30pm**. Campers are sure to find many areas of interest! Students need to bring a lunch, snack and at least two drinks. Each camper will receive a t-shirt.

PROJECT RUNWAY STERLING STYLE WITH A SWEET TOOTH!

WHO: Children in grades 5-9

WHEN: June 29, 30, and July 1

9:00-2:00 PM

WHERE: Chocksett Middle School Cafeteria and Art Room



FEE	Until June 22	As of June 23
	\$144.00	\$154.00

Join Rachel Grabek and Ginny Meade Beaudin for three fun filled days of sewing and cooking . Students will learn design and sewing techniques to construct beach attire and accessories. Projects will be tailored to the individual's level of sewing from beginner to advanced. Class will also involve learning and making pastries including pies, tarts, and other sweets. Students will get to enjoy the treats with the drinks that will be provided for snacks. Please bring a lunch!!

CRAFTS, COOKING, AND CONSTRUCTION!

WHO: Children in grades 5-9

WHEN: July 6-July 9

9:00-2:00PM

WHERE: Chocksett Middle School Cafeteria and Art Room



FEE	Until June 29	As of June 30
	\$190.00	\$200.00

Students will create craft projects including use of the potters' wheel, hand-built clay, painting, and sewing projects. In addition, students will learn a variety of cooking techniques. They will make their own lunches and snacks. Cost includes all materials and food ingredients. Instructors are Rachel Grabek and Ginny Meade -Beaudin.

REMEMBER TO GET YOUR RESIDENT STICKER AT THE DPW-



GUITAR FOR BEGINNERS



WHO: Boys and Girls Entering grades 2-4
WHEN: July 12-July 16
 12:30pm-1:30pm (please plan to arrive a few minutes early for guitar
 Tuning)
WHERE: Houghton Elementary Music Room

FEE	Until July 5	As of July 6
	\$55.00	\$60.00

Group guitar instruction for the beginning guitarist. We will practice the basics needed to sing around a campfire, play the blues and even try out a few rock and roll riffs! We will reinforce rhythm reading and encourage the young learner to explore the guitar. Students will perform a short concert on the last day of camp! Children must have their own working acoustic or electric guitar and an electronic guitar tuner(available at Wal-Mart). All other music and material will be provided. You can contact Miss Wilke at jbwilkeuph@yahoo.com with any questions regarding equipment.

ART PROGRAM I



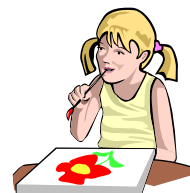
WHO: Children that are entering grade 2 - grade 4
WHEN: July 12- July 16
 9a.m.-12:00noon
WHERE: Houghton Elementary School Art Room

FEE	Until July 5	As of July 6
All materials supplied including a drawing kit for use during the summer	\$135.00	\$145.00

A creative, encouraging, and activity-packed week for young children. We will be drawing, painting, modeling with clay, and other materials. Students will be making sketchbooks for use all summer and craft activities such as; tie dye, weaving and stitchery. Children will be encouraged to express their individual creativity. All materials supplied including drawing kit for use during the summer. Bring a snack and drink each day.

NOTE IF YOUR CHILD IS SIGNED UP FOR MRS. GREENE'S ART PROGRAM AND GUITAR LESSONS FOR BEGINNERS, THEY CAN STAY FOR A SUPERVISED LUNCH FROM 12:00-12:30pm. THEY MUST PROVIDE THEIR OWN LUNCH.

FIBER EXPLORATIONS



WHO: Grades 5-9
WHEN: July 12- July 16
 1:00pm- 3:00pm
WHERE: 1835 Town Hall

FEE	Until July 5	As of July 6
	\$165.00	\$175.00

This 2-hour program will introduce students to a number of fiber art forms. Topics include weaving, crochet, knitting, koolaid dyeing, felting, and more. Students will work on projects that can be completed in one session, or which may be completed at home. The focus of the classes and workshops will be on learning the basics and using new skills to create unique, one of a kind pieces. Students to explore their own creative instincts through exploration of design, composition, color, and texture in fun projects using a variety of yarns, fabrics, fibers and beads.



NEW PROGRAM! MAD SCIENCE



WHO: Children entering grade 2-4

WHEN: July 6-July 9 9:00am-12:00pm

WHERE: Chocksett Middle School Science room

FEE	Until June 29	As of June 30
	\$90.00	\$100.00

Do you enjoy doing experiments?? This program is a fun way to learn about science. We will learn about chemistry, nature, the human body, simple physics, the environment and other science related subjects. In this course kids will have great fun experimenting with different everyday materials to bring about fun and surprising results. Instructor for this program is Christine Smith.

YOUTH SPORTS PROGRAMS

STERLING 'S SPORTS ADVENTURE 2010

WHO: Children entering grade 1-8

WHEN: June 28-July 1 8:30a.m. -2:30p.m.

WHERE: Houghton Elementary and
Chocksett Middle School

FEE: \$130.00/child *this program has a separate registration form that will be sent home in backpacks. Also will be available at the Recreation Office and Recreation web site

Thomas and Susan Lauder will offer four days of a sports adventure. A variety of different sports to be offered- floor hockey, soccer, lacrosse, adventure games, volleyball, flag football, tag rugby, basketball, softball, lead-up games for younger children, hiking, and biking. Wear shorts, T-shirts, sneakers, jacket or sweatshirt for cooler weather. Bring a lunch and sunscreen. All campers must enter at the Chocksett School entrance.



FEES

US SPORTS CAMPS

WHO: Children ages 3-14

WHEN: SPORTS SQUIRTS July 19-23 Age 3-5 9:00am-10:30am
LACROSSE CLINIC July 19-23 Age 6-14 4:00pm-6:00pm

****Medical & Immunization forms are due with Registration Form**

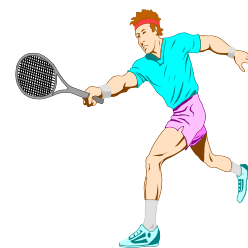
MINI MULTI SPORT August 9-12 Age 5-7 9:00am-1:00pm
MULTI SPORT August 9-13 Age 7-14 9:00am-3:00pm
FIELD HOCKEY August 9-13 Age 6-14 4:00pm-6:00pm

Until July 12	As of July 13
\$89.00	\$99.00
\$109.00	\$119.00
Until August 2	As of August 3
\$135.00	\$145.00
\$169.00	\$179.00
\$109.00	\$119.00

WHERE: Lower Griffin Road Fields

- ♦ **Sports Squirts**- introduces children aged 3-5 to a variety of sports such as soccer, t-ball, basketball lacrosse, and hockey, all taking place in a safe structured environment ensuring learning is taking place. Activities are designed to evoke a child's imagination in which they can Find Nemo, send Shrek into a spin or capture jellyfish with Sponge Bob Square Pants. All activities promote hand-eye coordination, movement and balance and most importantlyFun, Fun, Fun!!
 - ♦ **Mini Multi Sport Program**-Experience over 12 different sports from around the world with the US Sports Institute. All activities will take place in an atmosphere which promotes good sportsmanship teamwork and most of all fun. Participants will receive technical instruction in each sport then experience the sport in a realistic game situation as well as participating in the exciting USSI World Cup Competition. Participants will receive a t-shirt and certificate. This is a sports program truly dedicated to children of all sporting abilities.
 - ♦ **Multi Sport Program**-Experience over 15 different sports from around the world with the US Sports Institute. All activities will take place in an atmosphere which promotes good sportsmanship teamwork and most of all fun. Participants will receive technical instruction in each sport then experience the sport in a realistic game situation as well as participating in the exciting USSI World Cup Competition. Participants will receive a t-shirt and certificate. This is a sports program truly dedicated to children of all sporting abilities.
 - ♦ **Field Hockey Clinic**-The clinic is ideal for players wishing to learn or develop in this increasingly popular sport. Registrants will be taken through all phases of the game, thoughtfully integrating technical and tactical components in a fun, innovative way.
 - ♦ **Lacrosse Clinic**-Have great fun learning this exhilarating game. The clinic is open to players of beginner ability and no previous Lacrosse experience is necessary. This fun and exciting clinic offers an ideal introduction to the basic skills and technique.
- US Sports Institute at (732) 563-2520 or visit us on the web at: www.Usportsinstitute.com

YOUTH TENNIS



JULY TENNIS CAMPS

WHO: Children ages 7-17

WHEN: Session I July 19-July 22 (7/23 rain date)

Session II July 26- July 29 (7/30 rain date)

Age 7-10 8:00-10:00am

Age 11-17 10:00-12:00pm

WHERE: West Sterling Tennis Courts

FEE	Until Session I July 12 Session II July 19	As of July 13 July 20
	\$70.00	\$80.00

Tennis pro Matt Pawelski will instruct in the fundamentals of tennis, games, and drills. Bring tennis racket and water bottle. T-shirts and tennis balls are included in the cost.

AUGUST TENNIS CAMPS

WHO: Children ages 8-12

WHEN: Session I- August 2- August 5 (8/6 rain date)

Session II -August 9- August 12 (8/13 rain date)

9:00am-12:00pm

WHERE: West Sterling Tennis Courts

FEE	Until Session I July 26 Session II August 2	As of July 26 August 3
	\$100.00	\$110.00

This tennis program focuses on basic stroke production. The students will learn the fundamentals of the forehand, backhand, volley, and serve with emphasis on correct grips and technique. The goal is to make the game of tennis challenging and fun for all students. We can proudly say that five Sterling students that attended this camp have gone on to play very successful high school tennis. Bring tennis racket, sunscreen, and water bottle. T-shirts and tennis balls are included in the cost. Instructor—Tennis Pro- Lorene Washburn

BASKETBALL



NEXT STEP BASKETBALL CLINIC

WHO: Boys and Girls in grades 2-5

WHEN: June 21-June 24 9:00am-12:00

WHERE: Houghton Elementary Schools gymnasium

FEE	Until June 14	As of June 15
	\$100.00	\$110.00

Guiding young players in the fundamentals of basketball, with emphasis on teamwork, sportsmanship, and the benefits of hard work. Players will be instructed in warm-up activities, skill stations, individual practice, basketball topics, games, and individual/team contest. Camp Director is John Mulryan a Fitness Education/health Teacher in Wellesley and assistant Girl's Basketball Coach at Wellesley Middle School. jdmulryan@gmail.com All participants must enter at the Houghton School entrance. Please wear appropriate clothing and footwear. Bring a snack and water. Price includes a Next Step t-shirt.

***this program has a separate registration form available in the Recreation office**

TOGO PALAZZI BASKETBALL PROGRAM

WHO: Boys and Girls ages 8-17

WHEN: July 12-July 15 8:30am-2:30pm

WHERE: Houghton Elementary & Chocksett Middle School



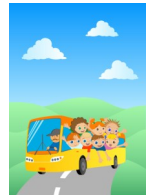
FEE	Until July 5	As of July 6
	\$150.00	\$160.00

This basketball program is designed to develop and improve the individual skills and game concepts. Participants are grouped by age, size, gender, and ability to assure maximum challenge. Togo Palazzi will offer a one on one lesson for individual players. Staff includes Program Director-Matt Pawelski, Matt Palazzi, and many other outstanding coaches. Bring sneakers, shorts, tee-shirt, sunscreen, lunch, water, and sweats for cool days. Camp will start at 8:00 am on Monday, July 12, for registration. All campers must enter at the Chocksett School entrance. Cost includes a t-shirt.

***this program has a separate registration form available in the Recreation office.**



STERLING RECREATION 2010 GETAWAYS CELEBRATION TOURS



April 21 NEW YORK CITY-American Girl Place & "Mary Poppins" Day Trip

Luncheon included at the Café in American Girl Place with reserved balcony seating for the Broadway performance of "Mary Poppins". Time for shopping, escorted \$189 pp

May 23 "JERSEY BOYS"- Providence Performing Arts Center Reserved orchestra seating for "Jersey Boys"; Sunday Brunch Buffet in Providence... \$159 pp

June 6-7 NANTUCKET OVERNIGHT Round trip ferry from Hyannis; overnight accommodations at the Nantucket Inn (health club & indoor/outdoor pools); 2 meals; narrated tour, box lunch on return ferry..... \$299 pp Twin

June 19 ISLES OF SHOALS, Portsmouth NH 3-hour narrated cruise around historic Isles of Shoals (six miles off the Maine/NH coast-nine small islands.) Luncheon at the Old Salt Restaurant with time at Hampton Beach.....\$89 pp

June 29 BOSTON RED SOX vs TAMPA BAY RAYS at Fenway Park Reserved Grandstand seating for the evening game. Round trip motorcoach.\$99 pp

July 4 JAMES TAYLOR & CAROLE KING at Tanglewood

Reserved either Shed or Lawn seating for special evening concert. Dinner included at Michael's Restaurant. Fireworks display following concert!..... \$139 pp Lawn/\$169 Shed

July 7-July 10th THE NIAGARA FALLS PACKAGE- Red Sox vs Blue Jays at the Skydome, admission to the Maid of the Mist Boat Ride, accommodations at Radisson Hotel or Clarion in Niagara Falls..... \$499.00/pp/twin

July 31 STATUE OF LIBERTY/ELLIS ISLAND Round trip ferry included for you visit to the Statue of Liberty and Ellis Island.....\$79 pp

August 1 "POPS BY THE SEA" on the Hyannis Village Green Luncheon at Bailey's Surf "n" Turf; delightful narrated cruise on the Cape Cod Canal.

Reserved seating for the Boston Pops Orchestra with Keith Lockhart & more!.....\$139 pp

August 8- August 11th NIAGARA FALLS PACKAGE (see July 7)

August 14 NEW YORK CITY SHOPPING

Full day to browse "the Big Apple" at your leisure! Escorted.....\$59 pp

August 28 CLAMBAKE ON CABBAGE ISLAND MAINE Board the ARGO at Boothbay Harbor for a tour. Luncheon included is a traditional Maine clambake.....\$119.00 pp

September 11 BLOCK ISLAND

Round trip ferry from Point Judith; luncheon at the National Hotel featuring also a narrated tour of this beautiful island with free time to browse harbor shops.....\$89 pp

September 18-25 CANADA & NEW ENGLAND CRUISE- 7 nights accommodations aboard "Jewel Of the Seas"

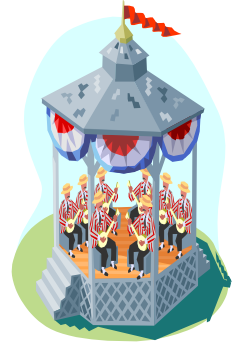
Contact Sterling Recreation Department for individual trip flyers Or go on line:

www.sterling-ma.gov, click on Recreation Department and then trips.

COLLETTE VACATIONS

NORTHERN NATIONAL PARK-October 7-14, 2010-\$1,999/pp/Double Occupancy

FREE SUMMER BAND CONCERTS



ALL CONCERTS WILL BE HELD AT MEMORIAL PARK, EVERY MONDAY & WEDNESDAY FROM JULY 5-AUGUST 4.

MONDAYS , AUGUST 9-AUGUST 30

**** Wednesday, Aug. 11, 18, 25th are rain dates**

MONDAY, JULY 5-LOU BORELLI BIG BAND The band plays music from the big band era with a few modern selections and a couple of rock tunes. Sponsored in part by the **Musicians Performance Trust Fund**

WEDNESDAY, JULY 7- AIR NATIONAL GUARD BAND OF THE NORTHEAST A traditional Military band consisting of band selections, vocal soloists, and patriotic favorites.

MONDAY, JULY 12- BLUE FLAMES- Four piece band based in Sterling. They play both kinds of music - classic AND rock!

WEDNESDAY, JULY 14 -FAR FROM EDEN- Play originals composed by the band members and classic Rock & Roll Music.

MONDAY, JULY 19- WORCESTER COUNTY BLUEGRASS ALL STARS -Local group play traditional Blue-Grass Music and originals by Sterling's own Paul Della Valle.

WEDNESDAY, JULY 21- THE DEJA VODOO BAND Plays a great mix of songs from the old and new blues masters - from Albert and BB King to Tab Benoit, Michael Burks and Ronnie Earl.

MONDAY, JULY 26- MARY'S LAMB ENTERTAINMENT-Singer and songwriter-guitarist Ernest Spencer reflects those wonderful sixties with superb acoustic guitar playing and lyrics that tug at the hearts strings.

WEDNESDAY, JULY 28- MACY & HART -Music from the 60's, 70's, & 80's including contemporary **top 40's**.

MONDAY, AUGUST 2 - WACHUSETT COMMUNITY BAND a variety of Marches, show tunes, & more.

WEDNESDAY, AUGUST 4-RUCKUS - Local musicians play ska, with influences from reggae, punk rock, and funk

MONDAY, AUGUST 9- ORDINARYHEART This group is known for original interpretations of a wide range of styles, covering the music of the *Who* to the *Cure*. Tom Beaudreau, Monica Hamilton and Jessica Wilke!

MONDAY, AUGUST 16- BLACK SHEEP JAZZ BAND -A Dixieland Band, very upbeat and lively.
Sponsored in part by the Musicians Performance Trust Fund

MONDAY, AUGUST 23-THE NOWHEREMEN -Boston's feistiest **Beatles** Band. The quartet remains faithful to the Fab Four's concept. A splendid time is guaranteed by all.

MONDAY, AUGUST 30- BLUE FLAMES- **The summer closer**- Four piece band based in Sterling. They play both kinds of music - classic AND rock!

If you or your business would like to help sponsor a Concert series, please contact the Recreation Department at 978-422-3041.

Thank you to the Musicians Performance Trust Fund.

SPARC Update Spring 2010

The Sterling Play Area Recreation (sub)Committee had a busy year installing two new pergola structures at the park with help and sponsorship by McCarty Associates of Leominster. The committee decided to move the structures further away from the pond and to separate them to allow for more open space in front of them. Once pavers are installed beneath them, these changes will also allow for a larger surface beneath them for picnicking, parties or concerts.

Some sponsored pavers were also installed along the pathway and the committee hopes to install additional pavers this year. Pavers can still be purchased for yourself, someone you love, a teacher, babysitter or neighbor. Please visit www.sgpark.org for more information about the park and about sponsorship opportunities.

Two new and exciting pieces of play equipment were installed in the fall and unveiled at the Fall Festival. They have received much positive praise. A flat-disc swing (called the Cloud 9) rests between two posts and allows several people to use the gentle swing at the same time. This is especially beneficial for someone who may need assistance while swinging and allows a caregiver to sit or lay beside them. The second swing installed (called the VIP) uses reciprocal movement to allow an interesting and fun experience for two people at the same time. This swing is intended for older users but can be enjoyed by youngsters with close adult supervision.

The committee is very excited and proud of all that has been accomplished to date and looks forward to moving forward with plans to purchase and install more equipment. Part of this plan includes applying for a State PARC Grant. Article 10 & 11 on the Town Warrant pertain to funding for the park. This funding is necessary to apply for the PARC Grant and will allow the committee to purchase the remaining equipment and complete the park. Once the park is complete the committee will focus on installing learning boards/signage and long term care. The committee will hold several open informational forums so you can learn more and have your questions answered by the committee. All are welcome to join us!

Informational Forums: **April 14** 6:30pm at Meadowbrook Orchards
 April 26 6:30pm at Butterick Building Room 205

How To Make A Donation

Brick Donations or Prints of Watercolor- "Sterling's Treasures" at: www.sgpark.org click on Donations

- ♦ For **All Other Cash Donations**, contact the committee at: info@sgpark.org
- ♦ For **Credit Card donations**, contact the committee at: info@sgpark.org for details on the **Fund Partnership**.
- ♦ For **In-kind Donations**, contact the committee at: info@sgpark.org
- ♦ **Community Organization Involvement**, such as Yahoo, Eagle Scouts, Sterling Garden Club, contact the committee at: info@sgpark.org



REMEMBER TO GET YOUR BEACH/RESIDENT STICKER AT THE DPW-

STERLING RECREATION
SUMMER 2010 PROGRAM REGISTRATION FORM

Separate forms needed for Togo, Next Step, Sports Adventure and Super Safari
REGISTRATION BEGINS ON APRIL 5th, 2010

PLEASE PRINT

Name: _____

Address: _____

Phone: _____ E Mail: _____

Must be completed if Participant is under 18 years of age:

DOB: _____ Age: _____ Grade in **FALL** _____ Gender: _____

**CIRCLE SHIRT SIZE FOR TENNIS CLINICS & TALENT PROGRAM - YOUTH: MED LG
ADULT: SM MED LG X-LG**

SWIM LEVEL for Lake programs _____

C.I.T. SWIM training ____ **COUNSELOR training** ____

Parent(s) Name: _____

Home Phone: _____ Work/cell Phone: _____

Emergency contact if we can't reach parent. Name: _____ Phone: _____

REGISTER EARLY & SAVE \$10!



*** ADD \$10 TO REGISTRATIONS RECEIVED WITHIN ONE WEEK PRIOR TO START OF PROGRAM**

PROGRAM TITLE	DATE/SESSION	TIME	** COST (SEE ABOVE)

Waiver In consideration of this application, I or my child hereby release, discharge and/or indemnify the Recreation Director, Recreation committee, staff, and/or volunteers, the Town of Sterling and its' elected officials of any liability related to the operation of this program. I hereby give my consent for emergency medical care prescribed by a licensed Doctor of medicine or Doctor of Dentistry. It is possible that pictures will be taken during classes. I agree that pictures taken during program hours could potentially be used for promotional purpose.

Signature _____ **Date** _____

Signature of participant (or parent/guardian if under 18)

WAIVER MUST BE SIGNED TO PARTICIPATE IN PROGRAMS

Make checks payable: TOWN OF STERLING

Mail to Sterling Recreation, 1 Park Street, Sterling, Ma 01564 or drop off at 31 Main Street, 1835 Town Hall located in the center of Sterling

For Office use only: Date Received _____ **Check#** _____ **Cash** _____ **Amount:** _____



ADULT TENNIS LEAGUE

USTA-Central Mass Parks and Recreation League

***Sterling Recreation, in conjunction with USTA of
New England is offering Adult Tennis League!***

Get Involved; Have Fun & Play Tennis This Summer! Whether you are a beginner tennis player or an experienced tennis player, this league is perfect for you!

USTA Combo League offers adult (18+) tennis players of all ages and abilities the opportunity to play matches that are structured, competitive and fun on public courts!

USTA Combo League matches are played in a team format made up of 5 to 10 players per team. Recruit your friends & join as a team or we will help you find a team. Doubles and singles match play is offered.

The League Season is July 13 - August 17, matches are 1 ½ hrs long and are played on Tuesdays at 6:30pm (July) & 6:00pm (August). Matches are played on your town courts and at neighbouring towns. Celebrate the season finale with a Play Off Day!

Participants must be a USTA Member and each player is responsible for a one time team registration fee. No court fees! For more information about the many benefits of a USTA membership visit www.usta.com

SIGN UP: before: May 15, 2010

For Registration Information Contact:

**Judy Janda or Lisa Bristol at the Sterling Recreation Department
Phone: 978-422-3041 email: jjanda@sterling-ma.gov**

For more information about USTA League tennis please visit www.newengland.usta.com or email leagues@newengland.usta.com

Have Fun & Play Tennis This Summer!

